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Thursday, December 5, 1996 Volume 73, No. 46

News Briefs

Chamber Christmas Parade is Saturday
The Belle Glade Chamber of Commerce annual Christmas Parade will kick off at 10 a.m., Saturday. Line-up will begin at Avenue L and the parade will end at the Belle Glade Library.

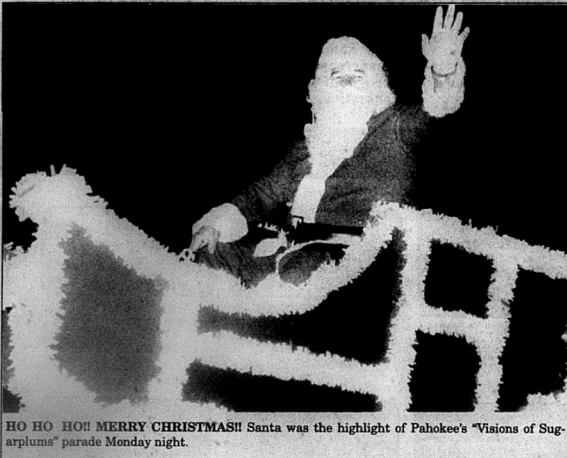
Christmas Cantata to be performed at CUMC
The Community United Methodist Church's Chancel Choir will present their Christmas Cantata "At His Coming" by John Lee.
This Christmas celebration will be presented at 7:30 p.m., Dec. 16 at the church, located at 401 S.W. First Street, Belle Glade.
The public is invited.

Visions To Action Update
There will be a community meeting on Thursday, Dec. 12 at South Bay City Hall in the commission chambers at 7 p.m. The meeting will be a Visions To Action Update and everyone in the Glades is invited to attend.
For information, call 992-9500.

Lunch with Santa
Glades Day School's Safety Patrol is sponsoring Lunch with Santa on Dec. 7, immediately following the Belle Glade Chapter of Commerce Christmas Parade.
Children can eat lunch with Santa from 11:30 a.m. to 1 p.m. in the Glades Day School Cafeteria. The cost is \$3.50 and children can also have their picture taken with Santa for a reasonable fee.

Living Christmas Tree is Saturday and Sunday
The annual Living Christmas Tree performance is this Saturday and Sunday, Dec. 7 and 8 at the Dolly Hand Cultural Arts Center. According to Director Leigh Woodham, the two performances are completely sold out and ticket holders are urged to get to the theatre about 30 minutes early. This is to ensure that your seat is not given to others if you are not there by 7:30 p.m. on Saturday or 3 p.m. on Sunday when the performance starts.
Those who wish to come and see if they can attend the performance should come early also. Seats will be given in a first come basis. The box office will be open an hour before the performances.

Methodist Church set for "Cookie Walk"
The United Methodist Church in Pahokee is sponsoring a "Cookie Walk" on Saturday, Dec. 7 from 8 a.m. until 1 p.m. Glades residents are invited to walk around long display tables of various holiday cookies and pick an assortment for the holidays. When they finish, the cookies will be weighed at \$5 per pound of cookies.
The church is located at 491 East Main Street, Pahokee. Follow the signs to the Fellowship Hall.
To place an order in advance from an assortment of treats, call 924-7241.



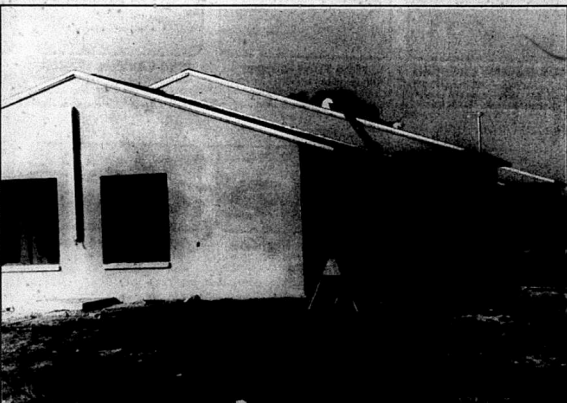
HO HO HO! MERRY CHRISTMAS!! Santa was the highlight of Pahokee's "Visions of Sugarplums" parade Monday night.

"Visions of Sugarplums" Pahokee's 11th Annual Christmas Parade

By Stephanie Schneider
On most Monday nights in Pahokee at 7:00 p.m., Main Street is usually quiet except for the usual traffic. This past Monday night, December 1, was the exception.
Main Street was filled with beautiful floats, decorated vehicles and boats, marching units, and even a marching band celebrating the spirit of Christmas.
Unlike most parades, "Visions of Sugarplums" was held at night under the street lights instead of daytime.
The Grand Marshall of the parade was also Pahokee's 1995 Citizen of the Year, Judy Kay Funderburk.
Judges for the 1996 parade were Mrs. Shirlee Ingram,

President of Pahokee's Garden Club; Mrs. Shirley Jarriel, Coordinator of Pahokee Main Street; and Wayne Jarriel.
The 11th Annual Grand Marshall Award went to St. Mary Catholic Church. The Best Commercial Float was Everglades Regional Medical Center and Honorable Mention was First Community Bank. The Best Non-Commercial Float was St. Mary Catholic Church and Honorable Mention was Good Shepherd Church of God. Best Band went to Pahokee Middle-Senior High School Marching Band. Best Marching Unit was awarded to Pahokee Middle-Senior High School AFJROTC and Honorable Mention went to Pahokee

Elementary Kindergarten "Walking Sugarplums". Best Motor Unit went to Little Big Foot Boutique and Honorable Mention went to Pahokee Fishing. Best Antique vehicle went to Tim Herring.
There was more spirit and participation in this parade than in any seen in Pahokee in recent years. Thanks to all the participants and viewers for their cooperation! The true spirit of Christmas invaded Pahokee!
Later in the month the wonderful sounds of Christmas will be a part of "Main Street Caroling". Call Shirley Jarriel at 924-8332 (the Main Street office) for more information.
Pictures on page 8



THEY EVEN HAVE CENTRAL AIR. 27 new housing units are going up in Osceola Center, just off Avenue L, Belle Glade. Belle Glade Housing Authority Administrator Lois Davis said they tore down old housing that had existed since the late 1930's and have built two, three bedroom single family homes, one four bedroom home, 10 duplexes and four single bedroom units. The project will be completed by March and already, Miss Davis said, the homes are in demand.

Residents need to think "holiday safety" while putting up their trees

Location and beauty might be your first thought when putting up your Christmas tree this year, but State Fire Marshall Bill Nelson wants you to think safety first.
"The holiday season can bring joyful reunions with family or friends, heart-warming visits to the elderly or home-bound, and festive meals prepared for the less fortunate," says Nelson. "But, the holidays can also pose a significant risk,

which threatens lives and property every year - the risk of fire," he warns.
Last year, 20 Christmas tree fires were reported to Nelson's Florida office. They caused \$340,000 of property damage, or more than \$17,000 of damage per fire. "Fortunately, no one died, but four people were injured," he said.
From 1983 to 1995, such fires caused 26 injuries and 11 deaths among civilians, and

seven injuries among fire service personnel. A total of 190 Christmas fires were reported, accounting for \$2.7 million in property damage.
We can help avoid such tragedies this year by taking these common-sense steps.
• Check your light strings, while unplugged, for loose or frayed wires and damaged bulbs or sockets. In particular, check for cracks or breaks in the sockets' bulbs and fila-

Holiday happenings!
The City's Free Lighting Ceremony is at 6 p.m. Friday night and the Chamber's Christmas parade is Saturday morning beginning at 10 a.m. The Living Christmas Tree performance is Saturday night, 7:30 p.m. and again Sunday afternoon at 3 p.m. Don't miss all the holiday festivities!

Police seeking man who stabbed another with ice pick in Pahokee

Police are looking for Ernest Bernard Johnson, 24, who witnesses say stabbed another man Friday, Nov. 29.
According to Sheriff's Detective Charles Rodriguez, a warrant has been issued for Johnson on charges of aggravated battery with a weapon.
The victim, Albemard Walker, 33, was stabbed in the back with an ice pick about 4 a.m. near 725 State Road 715, Pahokee. Det. Rodriguez said the incident occurred when

Johnson, who was in the back seat of a Ford Mustang, told Walker to get out of the car. Witnesses said Walker was leaning on the car and Johnson waited until police officers, who were patrolling, left the area and then jumped out of the car and stabbed Walker. Walker ran inside Sam's Food Store and pulled the pick out of his back.
He was flown to St. Mary's Hospital where he is listed in stable condition.

"Okee-Pokee" sailboat races held in conjunction with Grassy Waters

The Grassy Waters Festival sponsored the second annual "Okee-Pokee" sailboat races Nov. 23-24 in conjunction with all the other activities.
The race was organized by the Lakefront Committee and was a tremendous success by the standards of all who attended and participated, according to Capt. Don Thompson.

Waters Festival fun seekers. "A breath taking sight it was, with all the white sails circling, jockeying for a position," said Captain Thompson of the Flship and charter boat "Windsong", a 41 foot sailing ketch.

Seven sailing vessels from Orlando representing the Central Florida Yacht Club and eight vessels from the Pahokee Yacht Club raced for first place trophy.
The committee arranged a full weekend of sailing, dining and sharing of tall tales from the Seven Seas. Special t-shirts were designed by Maria Mills, co-owner of the Little Big Foot Boutique.
The itinerary consisted of the check-in on Friday afternoon and dinner at the Boathouse, part of the Pahokee Yacht Club. Saturday morning started early with breakfast at 7 a.m., followed by the Captain's Meeting. At 11:30 a.m. all the boats were geared for racing and casting off.

Saturday's race results:
First place - "Betty B," Capt. Ray Billoreau and crew of the Pahokee Yacht Club with a time of 1:55:02.
Second place - "Invictus", Capt. Jim Dodge and crew of the Central Florida Yacht Club with a time of 2:00:08.
Third place - "Duck Soup," Capt. Jo Potter and crew of the CFYC with 2:01:25.
Fourth place - "Carone," Capt. Raul Croes and crew of the CFYC with 2:03:0.

The other boats in order: "Dilly Dilly," Capt. Leon Mills, PYC; "H'Okee Pokee," Capt. Joe and Linda Barrett, CFYC; "Jubilee," Capt. Paul Belvitch, CFYC; "Opus," Capt. George Schines, CFYC; "Caravelle," Capt. Paul Belvitch, CFYC; "Opus," Capt. George Schines, CFYC; "Caravelle," Capt. Al Garman, PYC; "Impatience," Capt. Bill Barley, CFYC; "Wisper," Capt. Steve Scalabrini, PYC; "New Adventure," Capt. George Howarth, PYC; "Legal Tender," Capt. Ron Newcomb, PYC; and "Y-Knot," Capt. David Simonson, PYC.

Sunday's race was also very exciting and included the same course. The winds were from the northeast at 15 to 20 knots.
An unusual result for Sunday's race was when the "Legal Tender," Capt. Ron and crew, came in first with the time of 1:47:53, making them the best overall.
Each of the participants received a certificate. Winners received first, second and third place certificates. The winners names will be permanently displayed on a plaque in the Pahokee Yacht Club.

The evening was spent at the Elk's Lodge with steak and all the trimmings. Entertainment was by Jerry Curtiss, who included the Hokey Pokey song and dance.
Capt. Don Thompson said a great sailing wind was up for both days, with 10 to 15 knots from the north, northeast. The race consisted of a five mile course, designed by Ray Billoreau, the father of the Okee-Pokee.

The starting point was Pahokee's lakefront, "Palm Beach County's Other Coast," in front of a thousand cheering Grassy

and work properly;
• Never leave lighted candles unattended; and
• Don't exceed the UL-approved amount, indicated by a voltage or wattage figure stamped on electrical equipment, for your indoor or outdoor display.
• Be sure to keep your natural tree watered so it does not dry out and become a fire hazard.
Have a safe and happy holiday

• Have escape routes planned and practice with a fire drill;
• Make sure your smoke detectors have good batteries

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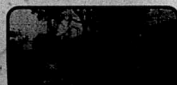
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T803



1997 Breeze
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Now \$14,995
P286



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Now \$19,775
D405



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SLT Pkg. • Diesel • Automatic • Anti Spin • Full Power • CD • Cassette Stereo • Camper Pkg.
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Now \$28,970
T872



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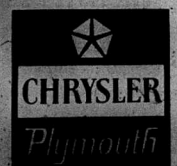
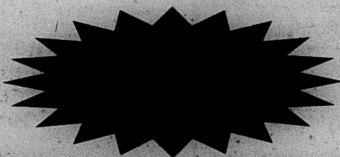
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G.C.I. Gives Back to the Community

by Yvonne Jones

Members of the Glades Correctional Institution's Employee Club, in cooperation with the Benefits Committee, donated five Thanksgiving baskets, complete with turkey and side dishes, to deserving members of the community on Wednesday, November 27.

The contents of the baskets, which included other food stuffs not specifically for Thanksgiving, were donated by employees at Glades Correctional Institution, Great

Lakes Chemical Corporation and former G.C.I. Superintendent Gerald Abdul-Wasi.

The current superintendent, Ronald Tadlock, when asked for a quote, declined to take any credit for this act of generosity. He informed The Sun that Lt. Annie Robertson, president of the Employee Club, came up with the idea and worked hard to pull it all together. In his words, "she deserves all the credit."

Lt. Robertson says that,

together with the Benefits Committee, the Employee Club will have monthly projects to aid those enduring hardships.

Lt. Robertson, reluctant to take all the glory, would like to take this opportunity to give special thanks to the following people for their support, help and cooperation with this project: Nan Crosby, Geraldine Massey, Barbara Gummere, Alexander McCullum, Ronnie Edwards, Kathy Horace and Virgalee McAllister.



A JOB WELL DONE...Superintendent Ronald Tadlock gives all the credit to Lt. Annie Robertson.



WHAT A TEAM...Superintendent Tadlock and his secretary, Lafranze Freeman



THANKS FOR GIVING...Two recipients of Thanksgiving baskets from G.C.I. are shown here with members of the Employee Club. From left to right are: Nan Crosby, Lt. Annie Robertson, Ms. Geneva Johnson, Ms. Alice Wheaton, Barbara Gummere and Superintendent Ronald Tadlock.

Native American Weather Forecasting

by Mike Lyons

What's the weather going to be like? It is a question I hear on a regular basis whether I'm picking up my shirts at the dry cleaner, shopping at the grocery store or just jogging around the block.

"Going to rain tomorrow, Mike?" "When is it going to cool off?" "Any more hurricanes out in the Atlantic?" It is something I have grown to expect whenever someone recognizes me as "the weatherman", or "That guy on TV".

I can usually come up with an answer to just about any question but occasionally, I'm asked to do more than forecast the weather. Every once in a while, someone asks if I can control the weather.

"Can you steer that hurricane away from our coast?" "My grass is brown, can you make it rain, Mike?"

Obviously, my influence with Mother Nature is limited - after all, just predicting tomorrow's forecast is difficult enough. Still, some meteorologists have tried to exert some dominion over Mother Nature.

Scientists have successfully seeded clouds to produce rain and snow. Other researchers have created methods to disperse fog and attract lightning bolts. In the 1960's, the National Hurricane Center tried unsuccessfully to modify a hurricane.

Research into weather modification continues, but most meteorologists will tell you that it's not nice to fool with Mother Nature. But, Native Americans disagree.

America's Indians have



Mike Lyons

always been able to predict and, some claim, control the weather. As Hartley Burr Alexander writes in "The World's Rim: Great Mysteries of the North American Indians" (University of Nebraska Press), "the entire culture of Indians seems built up out of prayer for rain."

That "prayer for rain" often comes in the form of a rain dance. Elaborate ceremonies associated with rainfall are not only important to Native Americans, but have become a part of their civilization.

Especially for Indians who lived in the arid Southwestern part of the country, Rainfall was the difference between life and death for the Hopi Indians of Arizona. To obtain that vital rainfall, the Hopi created an extraordinary rain dance.

It begins with male members of the tribe gathering as many snakes as they can find. The snakes are placed into a small shelter made of cottonwood limbs in the center of the village.

The Indian priests pick up the snakes one by one, place

them in their mouths and dance around with them. The priests will dance with every snake, as many as 80, before the ceremony is completed.

The Hopi believe the dance transforms the snakes into messengers to the gods of the underworld. Snakes are chosen for their rain dance because they resemble lightning bolts.

Surprisingly, storm clouds often form following the dance. Some people claim that Indian rain dances are successful because the Indians plan the ceremony when they know it's going to rain. Others, however, say the Indians are gods weather forecasters because they are attuned with nature.

That was certainly the case in the summer of 1926. Chief Billy Bowlegs of the Seminole moved his entire tribe deep into the Everglades just days before a huge hurricane hit Miami.

The Chief knew the storm was coming because he saw the signs in nature: the migration of rats and rabbits to the north, the barking of alligators and the blooming of the saw grass.

A few weeks after the hurricane hit, a meteorologist in Miami was asked about the Chief's forecast. "We make mistakes," he said, "but those Indians never miss."

To become a meteorologist, one must study physics, mathematics, geography and the atmosphere. Perhaps a course on Indian folklore should be added to the curriculum.

'Treating a Boil (also known as a risin')

by Paula Swaford

Even though I consider myself a Southerner, in actuality I'm a transplant. I moved from Indiana to Florida in 1962 when I was in sixth grade; so I have spent the biggest part of my 40+ years here in the Sunshine State. The language variations were and still are so different from my Northern "risin". I had heard of people getting infections called boils up north, but down here, they were referred to as "risins" (with a strong Southern inflection, mind you).

A boil (or risin') is a red, swollen, painful bump that looks like a large pimple. It is usually caused by an infected hair follicle in an area of your body that is under pressure or chafed. Common sites for boils are the buttocks, groin, waistline, armpits, neck and face. Bacteria, most often staphylococcus (or staph), get blocked in the hair follicle and develop an abscess. The tissue around the follicle becomes tender and inflamed as it tries to wall off the infection. This forces the abscess outward until it ruptures on the skin surface and drains. If the wound is left open and clean, it can heal; if it closes off too soon, the pus pocket can form again.

To prevent them from forming initially, wash areas that are prone to boils well with an antibacterial soap, such as Dial, and dry thoroughly. Avoid clothing that is too tight. It is important to eliminate chaffing and ease pressure against your skin whenever possible. Also, you must keep clothes and personal linen of someone with a boil separate from the rest of the household



Paula Swaford, RN

to prevent spreading the infection.

As for treatment of the boil (or risin'), it is suggested that you bathe with an antibacterial soap to prevent them from spreading. Apply warm, moist compresses to the boil for 20 to 30 minutes, four times a day. The moist heat will help bring the boil to a head and soften the skin to ease the rupture. This may take up to a week of compress treatments, so don't get discouraged after the first day or two. Above all, never squeeze, scratch, cut or force the boil to drain. Any pressure or forced opening can push the bacteria deeper into the skin and cause the infection to spread to other places in the body. Once the boil begins to drain, keep the wound open and clean and continue applying compresses at least three times a day. Wash the area thoroughly with soap and water two times a day or as needed. Apply antibacterial ointment like Neosporin or Bacitracin Triple Antibiotic and a sterile bandage after each warm compress treatment or whenever the old dressing becomes moist. Take a pain reliever, such as aspirin

or ibuprofen, to ease the pain and decrease inflammation.

Watch the area closely for signs of infection which may include increased pain, swelling, heat or redness around the boil; red streaks extending from the boil site and fever of 101 degrees Fahrenheit or higher with no other apparent cause. Consult your physician if the boil is located on the face, neck, near the spine or in the rectal area. If the pain from the boil limits your normal activities, is larger than an inch across and has not improved after three to four days of self-care, it is important to call your physician. More boils may develop after the first one appears, often in other parts of the body from the original site. If you are diabetic or have another type of chronic illness, always consult your physician at the onset of problems. I'll never forget a guy who showed up without fail every month for about a year with a risin' that just kept recurring in a very uncomfortable place. When we saw his face at the reception window, I would wave him right on back to the examination room, so he would not have to try and sit. The MD I worked for chose to lance (open with a sharp scalpel) the boil and pack it so it would drain. The poor man had no choice, as the area would swell to the size of a golf ball each time. If you experience a problem with a risin', remember the suggestions for self-care or see your physician right away. Until next time...stay informed and stay healthy.



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OPINION PAGE

Feel strongly about local issues?



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To voice your opinion on any subject, call **Speak Out** at 996-6636, 24 hours a day. Readers can use this special number to pose questions, voice complaints, express opinions or pat somebody on the back. Unlike letters to the editor, **Speak Out** is designed for anonymous expression of opinions. We edit calls for clarity, brevity, relevance and fairness.

Editor's note: We received two **Speak Outs** (one written and one called in) which were addressing concerns about private businesses. Our callers must remember that private busi-

nesses are just that, private. We always try to make sure that your concerns are passed on to the management of the company, and we did this in both cases. Thank you for Speaking Out.

You should teach your children about the evils of drugs

By Jeanne Johnson
Radford University Public Relations
Radford, Virginia

An increase in drug use among teens and adolescents has left some parents "dazed and confused."

After a decline, polls indicate that drug and alcohol abuse is on the rise, with drug and alcohol experimentation starting at younger and younger ages, says Radford University health and physical education professor Martin Turnauer.

Turnauer is alarmed by an apparent resurgence of the view that drugs are a harmless diversion. "One idiotic moment can have devastating consequences," he says. All it takes is one incidence of drunk driving to destroy lives.

Turnauer believes there are many things parents can do to counteract substance abuse-related peer pressure. "I think peer pressure is overrated," he says. It's true that many kids will temporarily rebel or experiment with drugs and alcohol, but you don't want them to do anything dumb. Ultimately, I think strong family values supersede peer values."

Turnauer lists the desire to be different, get noticed and lose inhibitions as some of the primary reasons for drug and alcohol abuse. "A 5 year old will get out and dance at a wedding, but a 15 year old won't," says Turnauer. "We say we're a free society, but in many ways, we're very inhibited." Turnauer advises parents to encourage the development of their children's athletic, artistic or intellectual talents. "If they're successful at chess or football, that gives them a positive way to be noticed without resorting to drugs and alcohol," he says. "Help them to find their own niche. Also, encourage your children to be different and bold. Do what you can to teach them that you don't have to be drunk or high to act a little wild and have fun."

Turnauer finds that many parents don't discuss drug and alcohol abuse. "Some parents discuss almost everything except substance abuse," he says. "They might even let their kids have a party without discussing it. You need to have clearly stated values."

He also believes it's important to encourage moderation. "Everything in our society is bigger, faster, more. That's the way our country operates. When we drink, we over drink. When we eat, we overeat. When we exercise, we over exercise."

For example, says Turnauer, Europeans may have 12 drinks a week with meals as part of a cultural celebration that can actually increase life expectancy. "Many college students also have 12 drinks a week," he says, "but they have them all on Friday night. That's physically damaging, dangerous and likely to lead to premature death either through stupid behavior or long-term damage to vital organs."

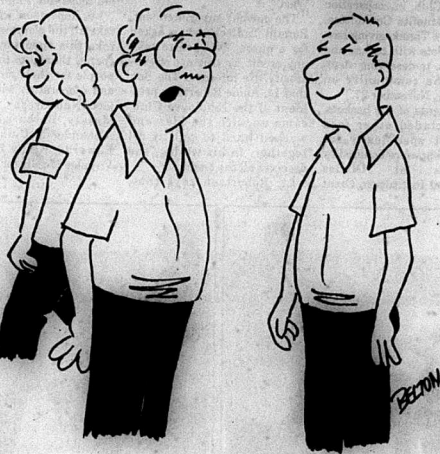
Though alcohol consumption is a part of European culture, per capita alcohol consumption is higher in the United States, he says.

Turnauer believes that drug and alcohol education programs work. "As the result of public education programs, cigarette smoking dropped from 43 percent of the population in 1964 to 24 percent of the population in 1995. Education works, but it's a long-term approach. Instead of continuing to put effort into substance abuse education, we've gotten complacent."

Parents should also avoid communicating the idea that drugs are a feel-good cure-all, says Turnauer. "We should teach kids that drugs don't cure what ails you but also mask symptoms. Instead of popping a pill at the first sign of a headache, we should try to get more rest, avoid eyestrain or get to whatever may be the root of the problem."

Parents who may have experimented with drugs in the past should be honest about it, says Turnauer, "but put it in the framework that it was a stupid thing to do."

You can't completely control what your kids do, but you can talk to them, know their friends and stay aware of their activities," he says. "Use opportunities to teach about the dangers of substance abuse and model moderation in your own behavior. Let your children know that substance abuse impairs thinking and that you want them to be able to make decisions over the years free from the influence of psychoactive substances."



"THE DOCTOR TOLD MY WIFE HER CHOLESTEROL WAS HIGH... NOW I'VE GOT TO GO ON A LOW CHOLESTEROL DIET."

Read, read, read! Make it a daily event

By Celis B. Elrod
Family First
993-4082

Read, read, read! Reading is the key to your child's success in all subject areas - and it is something you and your child can do together every day regardless of your child's age.

Find a quiet spot and read with your child for at least 10 minutes each day. For your Shared Reading Time you can read to your child, have your child read to you, read separate books in the same room, or with younger children, you can read aloud together. The important thing is that you read each day. Here are some ideas on how you can make reading together fun, easy and a rewarding family tradition in your home:

- Have plenty of books and other reading materials in your home. You can find plenty of good books at yard sales or come to Family First and check out materials.

- Take your child to the library to check out books with his or her own library card. A trip to the library is a great way to enjoy an afternoon

or evening together.

- Ask your child questions about the books you've read together. Start questions with "What do you think about..."

- Practice makes perfect. Remember, your child is learning, so accept the reading level he or she is on and give plenty of praise.

- Teens are interested in a variety of subjects. Magazines and newspapers are your most accessible, up-to-date, comprehensive source for this age group.

- Ask your child to share interesting articles from the magazine or newspaper with the family. Discuss articles at the dinner table or during your Shared Reading Time.

The most important part of Shared Reading Time is DO IT! Set aside ten minutes to a half-hour each evening, turn off the radio and television and READ! With the holiday season coming soon, magazine subscriptions and books are great gifts for family members. Make reading daily your family's New Year's Resolution.



Celis Elrod

Communications to youth: Learn to prevent HIV/AIDS

By Sharon Greene
Comprehensive HIV
Prevention Center

Teenagers are the fastest growing age group being infected with HIV. The reasons for this are many and frightening. Many young people in the country practice sexual behavior that increases their risk for HIV.

A 1991 Centers for Disease Control (CDC) survey reports that 54 percent of students in grades 9-12 have participated in sexual intercourse and that 19 percent of them have had four or more partners.

The median age reported for first intercourse is 15.1 for males and 16.9 for females. Furthermore, 20 percent of all reported AIDS cases in Palm Beach County were diagnosed when individuals were in their twenties, indicating that HIV

infection occurred in their teen years.

AIDS has reached epidemic proportions in Palm Beach County and is significantly more of a problem here than in many other areas of the country.

- The CDC reported that between July, 1993 and June, 1994, the rate per 100,000 for reported AIDS cases was 64.7 percent in Palm Beach County, approximately 50 percent higher than the combined rate for all U.S. metropolitan areas with populations of 500,000 or more (44.2 percent).

- For the period between July 1994 and June 1995, the rate per 100,000 of reported AIDS cases in PBC (90.2) was over twice the rate for all U.S. metropolitan areas with populations of 500,000 or more (39.1 Percent).

- Furthermore, PBC has the sixth highest rate of AIDS infection in the country (90.5), following Jersey City (160.6), Miami (147.2), San Francisco (131.4), New York (125.6) and Ft. Lauderdale (116.3).

Young adults, in particular, are at risk for HIV. Because HIV is spread through sexual intercourse and sharing of drug needles and syringes, teens need to learn how to make decisions that keep themselves and others from being infected with HIV.

It is critical to reinforce the prevention messages, strengthen the effort to reduce risk-taking behavior and assure communication regarding available community resources.

For prevention of HIV/AIDS, the community awareness is key to saving lives.

Helping Children Combat Holiday Commercialism

Christmas lists seem to start earlier and get longer every year. To make it worse, as children grow, so does the price tag of their desired gifts. Instead of a five dollar action figure, children may want the latest designer duds or expensive electronics.

Where does it all end?

Holiday time consumerism can be like a seasonal cyclone, escalating until it reeks havoc on the holidays, says Radford University psychology professor Jeffrey Chase. But how can a parent rein in what seems to be progressive and powerful trend?

Chase suggests a heart-to-heart talk about the true meaning of the holidays as a celebration of sharing and caring. Besides talking, you

should involve children in acts of kindness, he says, such as baking cookies and bringing them to a neighbor.

It helps to get children involved in providing gifts for children who are less fortunate through holiday projects or charities that are devoted to helping others, particularly disadvantaged children.

In keeping with a giving theme, older children might be required to earn money so that they can buy presents for others. Earning money for gifts, instead of just picking out something that parents pay for, reminds children that money is not limitless and that there's a relationship between work and money.

See Holiday Commercialism, Page 5

THE SUN

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We pledge...

- ✓ To operate this newspaper as a public trust.
- ✓ To help our community become a better place to live and work, through our dedication to conscientious journalism.
- ✓ To provide the information citizens need to make their own decisions about public issues.
- ✓ To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.
- ✓ To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
- ✓ To correct our errors, and to give each correction the prominence it deserves.
- ✓ To provide a right to reply to those about whom we write.
- ✓ To treat people with courtesy, respect and compassion.

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"THE SUN" (USPS 005026) is published weekly for \$15.00 plus tax, per year in Palm Beach County; \$30.00 plus tax, per year out-of-county, by Independent Newspapers Inc. 417 N.W. 16th Street, Suite 6, Belle Glade, Florida 33430. Periodicals postage paid at Belle Glade, FL.

POSTMASTER:
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Belle Glade Police Dept. arrest blotter

The Belle Glade Police Department handled 656 complaints and worked 16 crime scenes the week of November 25-December 1. Those arrested included:

November 25 - Dwayne Smith, 18, domestic battery; **José Rojas**, 27, trespassing after warning.

November 26 - Joseph Kelly, 46, aggravated domestic assault with a deadly weapon, aggravated domestic assault with a firearm and person engaged in criminal offense with weapon.

November 27 - Safonya Davis, 19, aggravated

assault. **November 28 - Jacon Jones**, 19, strong arm robbery; **Mary Royal**, 45, uttering a forged instrument and petty theft; **Albert Miller**, 43, contempt of court; **Bertha Williams**, 32, failure to appear; **Juvenile**, 16, contempt of court; **Willie Freeman**, 50, domestic assault.

November 29 - Leon Williams, 31, grand theft, grand theft auto and burglary of a dwelling.

November 30 - Cecilio Puidonio-Nieto, 33, burglary; **Dorothy Jean Harvey**, 37, two counts of corruption by threat and retail theft; **Bobby**

Jones, 50, possession of cocaine and possession of narcotic paraphernalia.

December 1 - Gwendolyn Johnson, 42, trespassing after warning and resisting arrest without violence; **Roy Smith**, 41, domestic battery; **Leonard Butts**, 24, two counts of battery on a pregnant female.

The police news in this newspaper lists arrests, not convictions, unless otherwise stated. Arrested persons who later are found not guilty or have had the charges against them dropped are welcome to let us know.

We will confirm the information and print it.

Crime Stoppers

Crime Stoppers of Palm Beach County, Inc., is asking citizens to help locate **Faustino Salas**, who is wanted for violation of probation on charges of burglary of a dwelling and two counts of grand theft. He is also wanted for failure to appear on charges of driving while his license was suspended, cancelled or revoked. Salas is at large. He is a white male, 5'10" tall and weighs 170 pounds. He has a tattoo on his left arm. He has black hair and

brown eyes and his date of birth is October 16, 1975. His Social Security number is 262-69-4361 and his last occupation was as a waiter. His warrant was active as of November 21, 1996.

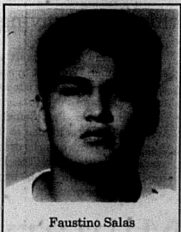
If you know the whereabouts of **Faustino Salas** or anyone involved in a serious crime, call Crime Stoppers at 1-800-458-8477. You can remain anonymous and still receive a cash reward if your tip leads to an arrest or the recovery of stolen property.

through January 3. Classes begin January 6, 1997.

For further information, contact the PBCC Glades Campus at 992-3055.

Car wash Saturday at McDonalds

Glades Central Project Graduation parents are sponsoring a car wash this Saturday, Dec. 7, beginning at 8:30 a.m. in the McDonald's parking lot. Donations will be welcome.



Faustino Salas



Christmas Gospel Sing planned for Dec. 6. There will be a Christmas Gospel Sing on Friday, Dec. 6 at 7 p.m. at Miracle Temple

Part two of a two-part series

What's been happening with the Families Forum?

By Clarence W. Fuller, Jr. E.D.
Affordable Health Care - Is the health system working for my family?

Needs/Concerns and suggested solution components

1. There is a need for better public transportation to and from health care providers. Local and West Palm Beach bus runs are too irregular and schedules are too limited. Schedules are not printed in Creole. It was suggested that there be hourly local bus runs and additional daily runs to West Palm Beach. Evening runs could also be added. Schedules could be printed in Creole and posted in public places.

2. There are long waits at the Health Clinic even for people with appointments. Paperwork seems to be part of the problem. There is too much red tape and bureaucracy. Caregivers are tied up with qualification issues rather than medical service delivery. It appears that a lot of employees are sitting around being unproductive. Paperwork could be reduced. Some paperwork could be done prior to appointments. Employees could be more productive. Patients could be triaged.

3. There are a number of concerns about HMO's. It is perceived that the elderly are being preyed upon. Patients are not aware of their coverage or lack of coverage. Generic drugs are used even when the physician requests a brand name. There are limited local providers. Misinformation has been given. There are dangerous lapses of coverage during the disenrollment period. Regulations could be tighter. A compliant line could be established. The public could be educated about HMO's.

HIV/AIDS - What does HIV/AIDS mean to us and to the community?

There is a need for more

information for teens as well as testing and counseling services. There is widespread risk behavior among teens, and the subject of AIDS is taboo but not sex. There is a need for prevention education. Flyers could be distributed at churches and local hangouts. The media could also be used to disseminate information. Teachers could be taught about HIV/AIDS. Testing and counseling could be provided.

Adolescent issues - Is any one listening?

1. Teen sexuality and pregnancy is a major concern. Sex is a social activity. There is a lack of responsible teen fathers. Teenage boys and girls "gotta have it." Effective health education could start at the elementary level. Parents could be included in health and sexuality education. Prevention strategies could focus on girls' self-esteem. Boys, girls, and parents could be educated on the responsibilities associated with pregnancy. More recreational opportunities could be a diversion from sex as a social activity.

2. There is a concern about family violence and violence among adolescents. Parents and children fight over discipline. Children fight each other or over comments about "people's mamas," he said...she said things," boy and girl friends or to be cool and accepted by other teens. Ineffective discipline at schools supports disruptive behavior. Conflict resolution programs for parents and families could be established. Teens could be encouraged to tell teachers and adults about fights. Security at schools could be improved by adding more officers and installing video cameras. Problem students could be removed from classes or school and placed in separate programs.

Human Services Delivery - Is there help when I need it?

1. There is a concern about the needs of homeless people. Assistance in preventing eviction and health services are needed. A soup kitchen could be established. Transitional housing could be provided.

2. There are concerns about youths with special needs and problems. Suggestions include providing a crisis center for youths, a safe house shelter for abused youths, and a shelter/transitional housing for emancipated minors. Temporary therapy could be provided for out-of-control teens. Funding could be provided for caregivers of children with disabilities. A youth center could be established for recreational activities for youths.

Public safety - Why don't we feel safe?

1. There is a concern about the lack of public trust and a negative public perception of law enforcement. It was suggested that the visibility of all aspects of law enforcement be increased. Community oriented policing could be implemented, and police could be more involved in the community. Law enforcement staff could be educated about cultural diversity.

2. There are concerns about stealing, safety, drug, violence, and crime in general. The criminal justice system doesn't deter crime. Family values have changed, and there is a lack of parental supervision. It was suggested that police officers be placed on permanent shifts and that curfew and loitering ordinances be implemented and enforced. The community could be empowered and educated to work with law enforcement. The Neighborhood Crime Watch Program could be expanded. Youth peer leaders could be established and trained to act as liaisons with law enforcement officials. More youth programs could be established.



TWO OF THE HONOR STUDENTS at Rosenwald Elementary School in South Bay were presented certificates by the South Bay City Commission recently. Shown are Levina Laws, a kindergarten student and Jonathan R. Wilson, third grader.

Holiday Commercialism...Continued from Page 4

"When you make a purchase, involve children in the decision-making process," says Chase. "Make them aware of variables. Do we have the money? What will we get for the money? How long will it last? If we get one thing, what other thing will we have to give up? These are lessons you can teach children throughout the year."

When you try to combat commercialism "you're swimming against the tide of millions of dollars in advertising, says, Case. He recommends educating children about advertising techniques such as "action figure shown is not actual size." Also, remind them about past items that were deceptively portrayed or disappointing.

Ironically, says Chase, it's often those who can least afford it who are driven by guilt to overspend. "In that case, you have to weigh the transient pleasure of opening a gift versus the stress of a bill

that won't go away. Children may want something desperately, but they get bored with things quickly. The long-term financial stress probably isn't worth the short-term pleasure."

If money isn't a major factor, care should be taken to provide the children with precisely what they ask for, says Chase. For example, if a child expects a specific doll, just any doll can be disappointing. "Children are often more discriminating than people give them credit for," he says, "but it's also important to help children be sensitive to the feelings of others and realize that the most important thing is the spirit in which the gift is given."

It might help to have children prioritize their gifts, indicating which gifts mean the most to them. If one is so expensive that it would prohibit getting other gifts, you might offer the child a choice of either one major present or

more numerous less expensive gifts, says Chase. "Play out the scenario for them," he says. "How would they feel getting one big present while other children open more gifts? Then they can decide if that's what they really want to do."

Younger children sometimes like opening gifts without much regard for what's inside, but "once children get in school, comparisons start and there's more pressure to acquire as much as others," he says. "It's more difficult, but it can also be an opportunity to teach children about limited funds, the consequence of choices and the more important things you value as a family."



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Birth Announcements

- Oct. 31 - Ms. Maria D. Benitez, Clewiston, daughter, **Erika Abigail**, 7 lb., 11 oz.
 Nov. 1 - Mr. & Mrs. Larry Steve Weeks, Jr. (Tammy Dean), Okeechobee, daughter, **Alyssa Brooke**, 6 lb., 14 3/4 oz.
 Nov. 1 - Mr. Darrell Hickman Sr. & Ms. Shenica L. Miller, Pahokee, son, **Darrell Latrail**, 6 lb., 5 oz.
 Nov. 2 - Mr. & Mrs. Tyrone R. Peterson, Sr. (Regina Tolbert), Okeechobee, son, **Tyrone Ronald**, 7 lb., 9 oz.
 Nov. 2 - Mr. John E. Young & Ms. Diedra D. Holland, Belle Glade, son, **Jon'Kevious Eric**, 6 lb., 9 oz.
 Nov. 2 - Mr. Fedel Monjarez, Jr. & Ms. Rose Marie Terrien, Belle Glade, son, **Jaime Francisco**, 8 lb., 9 oz.
 Nov. 4 - Mr. & Mrs. Daniel Preston (Keema M. Jones), Clewiston, son, **Shahegn Raekwon**, 2 lb., 1 1/4 oz.
 Nov. 6 - Mr. Edward R. York & Ms. Jaymi E. Hannal, Pahokee, daughter, **Mackenzie Christine**, 7 lb., 5 oz.
 Nov. 6 - Mr. & Mrs. Adam Trevino (Norma L. Flores), Clewiston, son, **Jose Angel**, 8 lb., 12 oz.
 Nov. 6 - Ms. Shanika Shunta Anderson, Belle Glade, son, **Q'Quenton Bernard**, 7 lb., 6 1/2 oz.
 Nov. 6 - Mr. Eddie McBride & Ms. Shantria K. Harris, Pahokee, daughter, **Kenyetta Jwana**, 8 lb.
 Nov. 9 - Mr. & Mrs. Luis Cobarrubias (Maria D. Garcia), Belle Glade, son, **Luis Jesus**, 8 lb.
 Nov. 9 - Mr. & Mrs. Luis Garcia Jr. (Cheryl L. Thompson), Canal Point, son, **Luis Garcia III**, 9 lb., 2 oz.
 Nov. 10 - Mr. Ahmad J. Johnson & Ms. Tangie A. Williamson, Pahokee, daughter, **Jermecia LaShamaine**, 4 lb., 4 oz.
 Nov. 10 - Mr. Gerald Delice & Ms. Marie Delouche, Belle Glade, son, **Omario**, 7 lb., 9 3/4 oz.
 Nov. 10 - Mr. Victor M. Cunyas & Ms. Sandra Ruiz, Okeechobee, daughter, **Vanessa Kasandra**, 7 lb., 4 oz.
 Nov. 11 - Mr. Carlton M. Henderson & Ms. Kaotra L. Humphries, Belle Glade, daughter, **Kaela La' Shawn**, 7 lb., 2 1/4 oz.
 Nov. 11 - Mr. & Mrs. Cecil Ernesto Castillo (Ne' Sha Artega Nash), Okeechobee, daughter, **Lexus Marie**, 5 lb., 8 1/2 oz.
 Nov. 12 - Ms. Alejandrina Perez, Moore Haven, son, **Gabriel**, 7 lb.
 Nov. 12 - Mr. Pascual J. Calzada & Ms. Gloria Nunez, Okeechobee, daughter, **Julia Marie**, 8 lb., 7 1/4 oz.
 Nov. 12 - Mr. & Mrs. Eyon Lyn A. Gordon (Barbara Ann Bradham), Belle Glade, daughter, **Key on** to the Lyn' Antonette, 7 lb., 2 1/4 oz.
 Nov. 14 - Mr. & Mrs. Tom Sam Vele (Rachel Ann Ward), Okeechobee, daughter, **Angelica Bethany**, 7 lb., 15 1/2 oz.
 Nov. 15 - Ms. Mollie Deann McGlamory, Okeechobee, son, **Austin Lane**, 7 lb., 8 3/4 oz.

Salinas and Mercado To Wed December 14

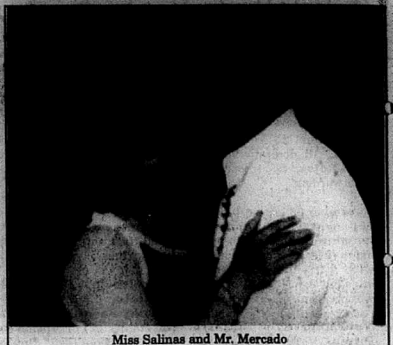
Maria and Juvenal Salinas are proud to announce the upcoming marriage of their daughter, Maribel Salinas of Belle Glade to Alberto Mercado.

Alberto is the son of Carmelo and Trinidad Mercado of Belle Glade. He is a graduate of Glades Central High School and is presently employed by Phoenix Hayes Inc. in Wellington.

Maribel is also a graduate of Glades Central High School and is presently employed by Home Care of Palm Beach.

The wedding is scheduled for 4:00 p.m., Saturday, December 14 at St. Philip Benizi Catholic Church. Father Luis will be officiating.

After the ceremony, the reception will be held at the John B. Boy Auditorium in Clewiston.



Miss Salinas and Mr. Mercado

"We Do It To Show Love"

Local Church Feeds Over 2,000 People this Thanksgiving

By Stephanie Schneider
 So many people have so much that they take for granted every day. Friends, family, a home, even food. Imagine if you didn't have any of these. Where would you go for a meal on Thanksgiving?

The Greater St. Paul Church of God and Christ has an annual Thanksgiving meal they serve to the homeless, the elderly, and the

citizens of Belle Glade.

The meal is free to all who care to eat and is served by volunteers of the church.

This year, the Thanksgiving dinner was held on Tuesday, November 27 from 1 p.m. and was scheduled to run until 5 p.m. but after serving over 2,000 people, the food supply ran out earlier than expected.

Sister Brown said about the annual dinner, "We do it to show love and concern towards our community."

The Greater St. Paul Church of God and Christ is located at 915 Avenue A. You can come by or telephone the church at 996-7089. Pastor Clarence Brown will be happy to speak with anyone.

News from The Military

Marine Pfc. David T. Mathis, son of Fannie J. Mathis of 788 Jefferson Avenue, Pahokee, recently completed basic training at Marine Corps Recruit Depot, Parris Island, S.C.

Mathis successfully completed 11 weeks of training designed to challenge new Marine recruits both physically and mentally.

Mathis and fellow recruits began their training at 5 a.m., by running three miles and performing calisthenics. In addition to the physical conditioning program, Mathis spent numerous hours in classroom and field assignments which included learning first aid, uniform regulations, combat water survival, and hand-to-hand combat. He also received weapons training.

Mathis and other recruits worked as a team to solve a number of tactical problems during the program. They performed close order drills and operated as a Marine small infantry unit in the field.

Mathis and other recruits also received instruction on the Marine Corps' core values—honor, courage, and commitment, and what the words mean in guiding personal and professional conduct.

Mathis joins 41,000 men and women who will enter the Marine Corps this year from all over the country. He is a 1996 graduate of Pahokee Middle/Senior High School.

Army Efc. Laveris A. Singletary has entered basic training at Fort Jackson, Columbia, S.C. During the eight weeks of training, the soldiers will study the Army mission and will receive instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid, Army history and traditions, and special training in human relations.

Singletary is the son of Glenda Gowan of 250 Shive Drive, Pahokee.

The private is a 1996 graduate of Pahokee High School.

Volunteers Feed Families This Thanksgiving

By Stephanie Schneider

Volunteers from the community pitched in with the help of H.R.S. and Channel 12's "Food for Families" to bring food to needy families this Thanksgiving.

Twelve volunteers from the Belle Glade area worked countless hours under the direction of Millie Raids to classify, organize, and sort donated food as well as contact the needy families.

Seventy five families were given gift baskets with abundant supplies of food for the Thanksgiving holidays. Certificates for turkeys were also enclosed in the gift baskets.

"Food for Families" donated 750 lbs. of canned and boxed foods. Channel 12 donated 50 certificates entitling the bearer to receive a free turkey. Publix of Wellington and Forest Hill donated all the bread.

Ola D. Smith Awarded Child Care Credential

Ola D. Smith of Belle Glade has been awarded a Child Development Associate (CDA) Credential on recognition of outstanding work with young children. The credential was awarded by the Council for Early Childhood Professional Recognition in Washington, D.C., which represents the early childhood profession.

CDA is the only major national effort to improve child care by evaluating and recognizing the skills of individuals providing care. The first credential was awarded 20 years ago, and now 46 states plus the District of Columbia include CDA in their child care licensing regulations.

Parents who use child care are especially concerned today about their children's welfare. With this in mind, as part of the CDA assessment process, every candidate for the CDA credential is observed working with young children by an early childhood professional. In addition, the candidate must demonstrate the ability to work with families to develop children's physical and intellectual capabilities in a safe and healthy learning environment.

The CDA credential is having a positive effect on the quality of child care. Its impact is evident in center-based as well as family child care, the most common form of care for children under 5 years old.

Child care staff and parents wanting information on CDA should write the Council for Early Childhood Professional Recognition at 1341 G Street, NW, Suite 400, Washington, D.C. 20005-3105. Or call (202) 265-9090 or 800-424-4310.



Ola D. Smith

Worship With Us

BELLE GLADE APOSTOLIC CHURCH 1211 W. Canal St. South Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: J.P. Pineda	BELLE GLADE ALLIANCE CHURCH 425 Canal St. North Pastor: Lloyd G. Daniel Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Lloyd G. Daniel	COMMUNITY UNITED METHODIST CHURCH 401 E. 1st St. Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: David A. Day	EL BETHEL EVANGELIST PENTECOSTAL CHURCH 1015 PALM BEACH RD. Pastor: Loren Loft	EVERGLADES PENTECOSTAL CHURCH 1540 K. Main St. Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Craig Hartung	600 W. 8th St. Pastor: Rev. L. Adams Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Rev. L. Adams	THE COMMUNITY METHODIST CHURCH 619 W. 1st St. Pastor: Rev. J. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Rev. J. Pineda	PAHOKEE APOSTOLIC CHURCH OF FORT LAUDERDALE 155 E. Main St. 554-3571 Pastor: Martin Vazquez Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Martin Vazquez	PAHOKEE ST. JOHN'S EPISCOPAL CHURCH 322 N.W. Ave. Q Pastor: Father Paul Banks Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Father Paul Banks	PAHOKEE ST. PETER'S LUTHERAN CHURCH 125 E. Canal St. N. Pastor: Richard Bengt Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Richard Bengt	PAHOKEE ST. MARY'S CATHOLIC CHURCH 1200 East Main St. Pastor: Father John Smith Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Father John Smith	PAHOKEE ST. MARY'S CATHOLIC CHURCH 1200 East Main St. Pastor: Father John Smith Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Father John Smith	
CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda	CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda	CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda	CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda	CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda	CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda	CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda	CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda	CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda	CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda	CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda	CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda	CHURCH OF GOD 121 N.W. Ave. D Pastor: Orlan O. Pineda Sunday School 9:00 A.M. Sunday Worship 10:00 A.M. Sunday Evening 7:00 P.M. Pastor: Orlan O. Pineda

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Practical Tips To Avoid The Danger Of Pollen

(NAPS)—For the millions of allergy sufferers in the United States, fall is not the season to stop and smell the roses. Taking cover from the arsenal of ragweed pollen grains in the air is a more pressing concern for those with nasal cavities awash with mucus and eyes blinded by tears.

Ragweed, the leading cause of allergies in the United States, produces seasonal rhinitis, commonly known as hay fever, in 23.4 million Americans. Ragweed, which peaks in early September, is particularly problematic for allergy sufferers because a single ragweed plant can release a million pollen grains a day, and pollen grains can be carried by the wind up to 50 miles.

Nevertheless, this hearty weed need not prevent allergy sufferers from enjoying the outdoors and maintaining an outdoor exercise plan. The American Lung Association and the makers of Tavit-D[®] and Tavit-1[®] have developed a list of measures allergy sufferers can take to help defuse ragweed's airborne attack this fall.

Outdoor Exercise Tips:

- Avoid exercising outdoors too early, as most pollens are emitted by plants between 5 a.m. and 10 a.m.

- Avoid exercising outdoors on windy days, when ragweed pollen is likely to be swirling through the air.

- While exercising, breathe through your nose—it's a natural air filter.

Plan activities around allergies. Exercising after a rain can be better for those with ragweed allergies because rain can wash pollen from the air.

Palms West Celebrates Opening of New Plaza

On November 21, Columbia Palms West Hospital and Dasco Companies hosted an open house celebration for the Palms West Medical Plaza in Belle Glade.

The new medical plaza is located at 1205 North Main Street in Belle Glade.

Palms West Medical Plaza was developed as a result of Columbia Palms West Hospital's desire to bring quality healthcare services to the Glades. According to Wayne Campbell, Chief Executive Officer for Columbia Palms West Hospital, "The project has been designed to bring healthcare excellence to the families of Belle Glade, Pahokee, Clewiston, and South Bay." Many of the physicians in Palms West Medical Plaza were already serving the Glades; now their services are more available due to the convenience of being located right here in Belle Glade. When patients are in need of hospital services, free non-emergency transportation is provided to Columbia Palms West Hospital.

A large number of family-orientated prominent physicians are practicing at Palms West Medical Plaza in Belle Glade including:

Advanced Women's Healthcare: Ronald Ackerman, M.D., F.A.C.O.G., Seth Herbst, M.D., F.A.C.O.G., Steven Pliskow, M.D., F.A.C.O.G., Keith Aqua, M.D., Samuel Heering, M.D., Kim Payne, A.R.N.P., Jo Brockman, A.R.N.P., and Patti Allen, A.R.N.P.

Belle Glade Pediatrics: Nagaraj R. Shankarish, M.D., F.A.P.A., Nagaraj Rangegowda, M.D. Family Practices: Martin Harland, D.O., P.A., Pedro Sanchez, D.O., Ernest Riggs, P.A. Internal Medicine: Shehar Sharma, M.D. Neurosurgery: Charles Theofidis, M.D. Orthopedic Center of Palm Beach County: Joseph B. Chahal, M.D., Louis F. Donaghy, M.D., Jack B. Goldberg, D.O., Marvin A. Kohn, M.D., Jeffrey L. Kugler, M.D., Charles J. Matuzak, M.D., Emilio S. Musso, M.D., Jeffrey A. Press, M.D., Theresa E. Ratney, M.D., Edward W. Sandall, M.D., Charles M. Sonu, M.D., Michael S. Zeide, M.D., Charles W. Graubert, M.D., Alan J. Schefer, M.D., James T. Clancy, D.P.M., and John S. Levin, D.P.M. Palm Beach Urology Associates: Edward R. Becker, M.D., and Rafael R. Lopez, M.D. The Pediatric Center: Shirley Marinova, M.D., Stacy Clark, M.D., Grissell Diaz de Villegas, M.D., Susan Shamaskin, D.O., Ali Kooravani,

Influenza: Nothing To Sneeze At

(NAPS)—There could be good news, for a change, about influenza. While the virus can be dangerous, even deadly, especially for the elderly, there are ways to treat and prevent it.

A number of people all over the world have found relief from flu symptoms, in a berry. Recent conclusions based on research conducted in Israel found that a patented black elderberry extract as a syrup or lozenge can make sufferers feel better faster. Folklore has long credited the elderberry with the ability to ease coughs and colds. One researcher at the Hebrew University-Hadassah Medical Center in Jerusalem, Dr. Madeleine Muncuoglu was inspired to experiment with an extract of the berries.

In a subsequent clinical study supported by the Helsinki Committee, a world-wide organization which approves patient studies, she used the extract on members of a flu-struck kibbutz. After two to three days 90 percent of the patients treated with Sambucol were completely well. Tests showed those receiving the extract developed a higher level of antibodies than those receiving the placebo, too.

It has been proven that the extract blocks the flu virus by disarming the spikes that pierce cell membranes, thus preventing the virus from invading cells.

The berry extract is available now in an over-the-counter formulation called Sambucol, available at local health food stores and major drug stores. These good-tasting lozenges and syrup contain only natural ingredients.

Here are some tips to consider the next time a flu has you:

- At the first sign of flu—which can include chills, fever, sneezing, headache, muscular pains and a sore throat, check with your pharmacist about new, over-the-counter treatments such as Sambucol.

- If your flu symptoms include a high fever and chest pains, contact your doctor.

- Be sure to drink as much water or fruit juice as you can.

- Whatever else you do, slow down, pamper yourself and get as much rest as possible.

- Consider getting an annual vaccination, unless you're allergic to eggs.

For more information about Sambucol, call 1-800-941-7747.



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health hints

Free Healthy Aging Guide Available

(NAPS)—A free 16-page *Healthy Aging Guide* is now available to provide information to adults 50 and older on how to improve their physical, mental, social and financial health. The guide is part of the National Healthy Aging Campaign endorsed by leading health and aging organizations including the U.S. Administration on Aging.

The guide, which takes an "it's never-too-late" attitude, includes a wealth of resource information and valuable contacts of interest to older Americans. It also has tips, charts and quizzes to stimulate quality-of-life improvement. Some examples:

- The "myths" of aging.

- "Fountain of youth" nutrition choices.

- "Write from the heart" tips to communicate.

- A simple plan to improve fitness at any age.

- Retirement funding guide.

A copy of the *Healthy Aging Guide* is available by sending your return address and a check for \$2.00 to cover postage and handling to: Healthy Aging Guide, Dept. MK, Box 307, Coventry, CT 06238.

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Extended Hours are 8:30 am - 5:00 pm

Monday - Friday

"Visions of Sugarplums"



This float won the 11th Annual Grand Marshall Award and Best Non-Commercial Float Award. It's no wonder, this float is fabulous!



Judges for the parade; Wayne Jarriel, Shirley Jarriel, and Shirlee Ingram with Grand Marshall, Judy Kay Funderburk.

Pahokee's 11th Annual Christmas Parade



Grand Marshall of the parade and Pahokee's 1995 Citizen of the year, Judy Kay Funderburk.



The Pahokee High School Band was quite popular with the crowd watching the parade.



Here's the winner of the Best Motor Unit Award, Little Big Foot Boutique.



This is just one of the floats that made Main Street beautiful.

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Daily

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Sunday Brunch
11 am - 2 pm

- Variety/Baked Chicken
- Hot Vegetables
- Mashed Potatoes

Soup, Salad & Fruit Bar included with meal

\$6.99

Tuesday Night COUNTRY BAR

- Meatloaf
- Country Fried Steak
- Fried Fish
- Hot Vegetables
- Mashed Potatoes

Soup, Salad & Fruit Bar included with meal

\$6.99

KIDS - 5-12 yrs **\$3.99**

Wednesday Night

CHICKEN OUT AT SHONEY'S

- BBQ Chicken
- Baked Chicken
- Fried Chicken
- Hot Vegetables
- Mashed Potatoes

Soup, Salad & Fruit Bar included with meal

Thursday BBQ Night

- BBQ Chicken
- BBQ Ribs
- Hot Vegetables
- Mashed Potatoes

Soup, Salad & Fruit Bar included with meal

\$6.99

Friday & Saturday Night SEAFOOD BAR

\$7.99

5-8:30 pm
Hot Vegetables, Soup, Salad & Fruit Bar included with these meals

Monday - Sunday Steak Night

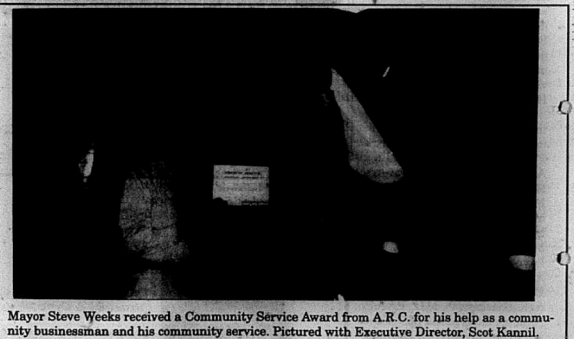
Every Night is Steak Night! Starts at 3 pm

12 oz. T-Bone (Best Value)	\$7.99
8 oz. Ribeye	\$6.99
8 oz. Sirloin	\$7.99
6 oz. Sirloin	\$6.99
6 oz. Steak & Shrimp	\$7.99

Soup, Salad & Fruit Bar included with these meals

Delicious 40 Item Deli Bar

Monday thru Saturday
11:30 am - 2 pm **\$5.29**



Mayor Steve Weeks received a Community Service Award from A.R.C. for his help as a community businessman and his community service. Pictured with Executive Director, Scot Kannil.

PUBLIC NOTICE

The City Commission will dedicate the new community center (old high school cafeteria) on December 14, 1996 at 4:00 P.M. We hope you will attend the ceremony and join us in the continuation of the improvements in Pahokee.

Classifieds

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LEHIGH ACRES - Spotless 4BR/2BA home on 1/2 acre. Well-septic. Large screened porch. Fruit trees. Call Roy. Ann Donna Cavender Realtor 941-369-2107, evenings 938-4890. 1/9

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SECRETARY, PART-TIME position at the Palm Beach Post distribution center. Must be able to type 35WPM and complete general office duties. Hours: Mon.-Fri., 8am - 1pm. Apply during these hours at: 1417 NW Avenue L, Suite 6, Belle Glade, or call 996-6731. 125

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NOTICES

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Good salary & benefits
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YARD SALES

LARGE YARD SALE SAT., Dec. 7, 8am. First Union Bank Parking lot, Belle Glade. 125

MOVING/YARD SALE DEC. 7 & 8, 8am-1pm. 1508 NW Avenue P #27, Belle Glade. 992-9103, 992-0616. 125

FIVE FAMILY YARD SALE Dec. 7, 8am @ 7 Behind Dinns, 556 NW 4th St. 125

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'Tis easier to make certain things legal than to make them legitimate.
—Nicolas Chamfort

FREE THINGS TO SEND FOR

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For information about stroke and atrial fibrillation, write: IPRD, Medical Affairs, 1979 Marcus Avenue, Lake Success, NY 11042. For a package of free information on How To Reduce Exposure to Allergens, an educational brochure funded by DuPont Sleep Products, call 1-800-7-ASTHMA.

For a free brochure by how children are affected by TV, send a stamped, self-addressed envelope to: TV And The Family, Dept. C, American Academy of Pediatrics, P.O. Box 927, Elk Grove Village, IL 60009.

Readers may receive free award-winning burger recipes using Bay's English Muffins by using Bay's English Muffins at 1-800-FOR-BAYS.

For a free Hollywood "Healthy Recipe" brochure, write to Bob Reilly, Hollywood OD, 734 Franklin Avenue, Suite 444, Garden City, NY 11580 or call 1-800-434-4246.

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Monday.



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LEGAL NOTICES

PETER M. NOTICE
On December 27, 1996 at 10:00am, a public meeting will be held at 685 N. 27 Street in North Bay, Florida. The following vehicles will be examined for changes, all sales will be sold.

1. 1978 Buick Regal #46700100001 097000
2. 1981 Buick Wildcat #46700100001 097000
3. 1971 Chevy #38718100000 097000
4. 1984 Ford Van #17MCA11000000001 097000

All of the above vehicles are currently stored at the 685 US 27 North location in North Bay, Florida.

More Towing
685 US 27 North
North Bay, FL 33485

Published: The Sun, December 6, 1996
Legal No. 96-173

NOTICE OF HEARING

TO: Jacques Jackson, mother, William Pappas, father and/or anyone claiming parental/visitation rights or interest in the children and to all Whom It May Concern.

You are hereby notified that on the 5th day of November, 1996, a petition for Termination of Parent-Child Relationship was filed in Superior Court of the State of Washington in and for the County of King, King, Washington, pursuant to RCW 26.26.010 regarding:

Destiny Pappas, minor, born October 16, 1992; whose parents are William Pappas and Jacques Jackson. (For further information call 206-735-5285, Mon - 6:00pm.)

Said Petition will be heard on the 10th day of January, 1997, at the hour of 9:00am, at the King County Superior Court, Juvenile Department, 1211 East Alder Street, Seattle, Washington, before a judge of the above entitled court at which time you are directed to appear and answer the said petition or the petition will be granted and action will be taken by the court with no shall appear to be for the welfare of the said children.

Destiny Pappas, minor, born July 1, 1991; whose parents are William Pappas and Jacques Jackson. (For further information call 206-735-5285, Mon - 6:00pm.)

Said Petition will be heard on the 10th day of January, 1997, at the hour of 9:00am, at the King County Superior Court, Juvenile Department, 1211 East Alder Street, Seattle, Washington, before a judge of the above entitled court at which time you are directed to appear and answer the said petition or the petition will be granted and action will be taken by the court with no shall appear to be for the welfare of the said children.

Published: The Sun, December 6, 12 and 18, 1996.
Legal No. 96-174

Classified ad deadline is Monday at 3:00 p.m.

Gloria Swager won the monthly gift raffle. Beta Sigma Phi cookbooks are again on sale this year for \$10 each. There are still a few left. According to the members, the books are larger this year, have many wonderful recipes and

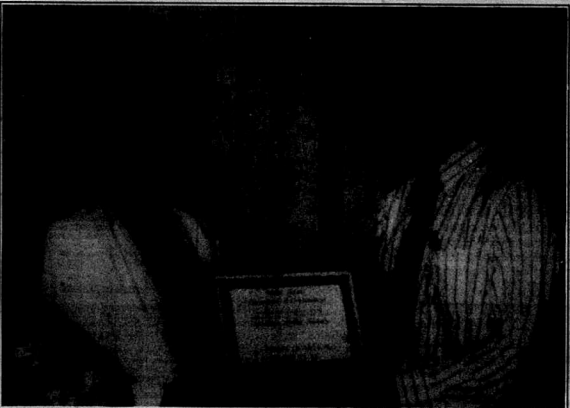
Those in attendance were Pat and Jerry McKee, Janise and George Goforth, Laverne and Jesse Motes, Laura and Gene Enfinger, Sandra and James Chamblee, Barbara and Mickey Meroney, Gloria and Tom Swager, Greadle York, Linda McMillan and Judy McMillan.



COLUMBIA PALMS WEST HOSPITAL held open house for the Palms West Medical Plaza in Belle Glade Nov. 21. The facility is located at 1200 South Main Street. Pictured, front row, from left, are Diaz de Villegas, M.D.; Shirley Marineau, M.D.; Gary Tenczar, Columbia Palms West Hospital Director of Business Development; (back row, l-r) Edward Becker, M.D.; Martin Harland, D.O., P.A.; Wayne Campbell, Columbia Palms West Hospital CEO; Rafael Lopez, M.D.

Parents of freshman class at GCCHS invited to free dinner

Reservations are required. Call Debbie at 993-4400 to reserve a seat.



NURSING ADMINISTRATOR MARY WEEKS was named Chamber Member of the Month by the Belle Glade Chamber of Commerce recently. Mrs. Weeks, who is the nursing administrator at Glades General Hospital, has worked at the facility for 18 years. Chamber Vice President Lee Mikell presents the award to Mrs. Weeks.

Calling all Glades bikers

Anyone who has questions should call Tom Smith at 996-0574.

About letters

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<p>Family Special™</p> <p>\$15.99</p>  <p>One Large with The Works™ & One Large Two Toppings</p> <p>Expires 12/5/96 Not valid with any other offer. Valid only at participating locations. Customer pays all applicable sales tax. Additional toppings extra.</p>	<p>One Large with The Works™</p> <p>OR</p> <p>All the Meats™</p> <p>\$9.99</p>  <p>Expires 12/5/96 Not valid with any other offer. Valid only at participating locations. Customer pays all applicable sales tax. Additional toppings extra.</p>	<p>Dinner for Two</p> <p>One Large One Topping & Cheese sticks</p> <p>\$9.95</p>  <p>Expires 12/5/96 Not valid with any other offer. Valid only at participating locations. Customer pays all applicable sales tax. Additional toppings extra.</p>



The Sun photographs are courtesy of Karen Hansford, Glades Day School; Robbie Everett for Pahokee High School and "Big A", Adrian Vereen, Glades Central.

B Section
December 5, 1996
Page 1B

SPORTS

Regional Semifinals

Friday, December 6, 1996

Glades Central host Bartow
Pahokee at Frostproof
Glades Day host King's Academy
Kickoff is at 7:30 p.m.

ROUND 3

ONE STEP CLOSER! Glades Central to face Bartow next for chance at State title

It's on Raider turf, it starts at 7:30 p.m. What is it?

The chance that the Glades Central Raiders have played so hard all season to have. And they are only one game away from taking that glorious ride to Daytona, where two teams will face off to battle it out for the State Championship.

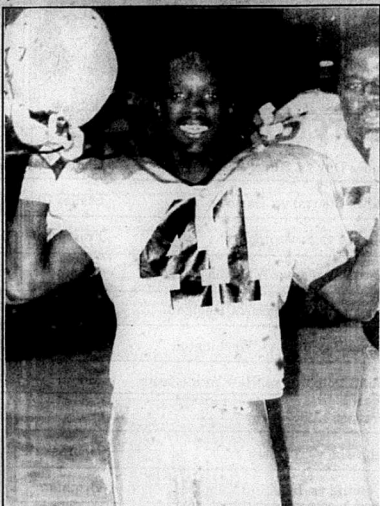
The Raiders toppled Miami Pace 28-7 last Friday night, and are ready to take on Bartow this Friday night here in Belle Glade.

Bartow won 56-6 over Wachu-

la-Hardee Co. last Friday. Both teams are 11-1 and are very well matched. Friday night's games promises to be one of nail-biting teeth-gritting action.

Banks and Brown started the Raiders off on the score board, but not until the second quarter. Then in the third quarter Brown slipped in for his second TD of the night, and Alford went in on a 45 yard pass from Banks.

The Raider defense held Miami-Pace's offense back until the fourth quarter when Alcindor connected on a 42 yard pass from Vickers to sneak in for the only score of the night for Miami-Pace.



#41 Darren McCrary is proud to be a Raider. Raiders are #1

Pahokee Advances to Regional Semifinals

By Robbie Everett

In an action packed game last Friday night the Blue Devils played host to the Tampa Catholic Crusaders, defeating them 25-22. This week Pahokee is on the road for a showdown with Frostproof.

Tampa entered the game ranked #6 in the Florida State Division 3A Poll. The team boasted all time career receiver, was held to 104 yards rushing increasing his stats to 4,295 yards.

Pahokee's sensational quarterback Anquan Boldin took the action to the Crusaders by rushing into the pack 24 times for 187 yards. Boldin rushed for the first two touchdowns and passed

to James Burroughs for the third. The Blue Devils led 18-7 until early in the fourth quarter when Tampa QB Kelly rallied the team with a TD run and two point conversion. Tampa mounted a second scoring drive in the fourth to take a temporary lead of 22-18. Then, Boldin went to work setting up the game winning drive of 80 yards to recapture the lead. #21 Andrew Holmes, nicknamed Deion, picked off the Crusaders to end their pulling off an upset.

All three Glades Teams won last week. They're the only Palm Beach County teams left in the playoffs. Let's go teams! All the way to Daytona Beach.

Glades Day too strong for St. Edwards Next up - King's Academy

By Eddie Campbell

Last Friday, the Gators kept their run at a second straight state championship by soundly defeating the St. Edward's Pirates 35-12.

The Gators got it going early when Stacey Cox capped their first drive of the game with a three yard touchdown with ten minutes to go left in the quarter.

Then things slowed down. In the second quarter the Gators

recovered two Pirate fumbles but the Gators couldn't capitalize. The Gators missed two field goals in the quarter. At halftime the score was still 6-0 Gators.

The third quarter saw things liven up. Lee Sweet scored his first touchdown of the game with 5:27 left in the quarter. The two point conversion put the Gators up 14-0.

The Pirates denied the scoreboard for the first time with a quarterback sneak with 1:21

left in the quarter cutting the Gator lead to 14-6.

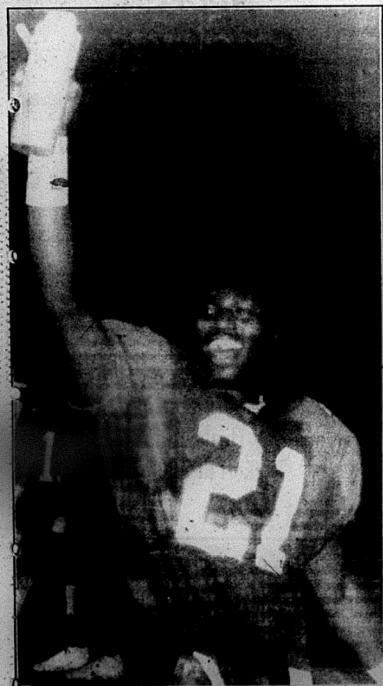
Sweet broke the game open with a 43 yard touchdown run with 7:44 left in the fourth quarter to put the Gators up 21-6. Sweet scored again on a four yard touchdown run. The Pirates would score one more touchdown, but Zach Threlkeld's 25 yard touchdown cemented the Gators' victory by the score of 35-12.

Once again it was the

Gators' ground game that was the story. Sweet and Cox each had 100 yard games of 134 and 101, respectively.

Matt Snow led the defense with five tackles and three sacks.

This Friday the Gators will host the King's Academy Lions in a game that will determine who plays for the state championship. The Gators defeated the Lions earlier in the year 34-26.



Blue Devils are #1! And this is one happy BLUE DEVIL!



At the Glades Day games even the STATS guy Jason Cunningham has his own sign toting fans.

PIGSKIN PICKS



10 20 30 40 50 40 30 20 10

STANDINGS

	this week	total
Vera Robinson	5-5	71-39
Big "A" Vereen	5-5	72-38
Robert Archer	4-6	71-39
Hattie Bennett	5-5	67-43
Clay Connell	5-5	70-40
Mike Burkett	5-5	72-38
Jimmy Beno	5-5	78-32
Gary Melvin	6-4	76-34
John Zimmerman	6-4	73-37

The Paint Store



Vera Robinson

Glades Ford



Big "A" Vereen

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Robert Archer

Barnett Bank



Hattie Bennett

Badcock Furniture



Clay Connell

Lake Hardware



Mike Burkett

J.E. Wilson & Son



Jimmy Beno

Steve Moore of Belle Glade



Gary Melvin

Renters Choice



John Zimmerman

MATCHUPS

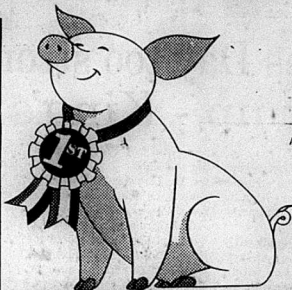
Glades Day vs. Kings Academy	Glades Day	Glades Day	Glades Day	Glades Day	Glades Day	Glades Day	Glades Day	Glades Day	Glades Day
Glades Central vs. Bartow	Glades Cen	Glades Cen	Glades Cen	Glades Cen	Glades Cen	Glades Cen	Glades Cen	Glades Cen	Glades Cen
Pahokee vs. Frostproof	Frostproof	Pahokee	Pahokee	Pahokee	Pahokee	Pahokee	Pahokee	Pahokee	Pahokee
Florida Gators vs. Alabama	Gators	Gators	Gators	Gators	Gators	Alabama	Gators	Gators	Gators
Jacksonville Jaguars vs. Houston	Houston	Jaguars	Houston	Jaguars	Jaguars	Houston	Houston	Jaguars	Jaguars
Tampa Bay Bucs vs. Washington	Washington	Washington	Washington	Washington	Washington	Washington	Washington	Washington	Washington
Miami Dolphins vs. New York Giants	Miami	Miami	Miami	New York	Miami	Miami	Miami	Miami	Miami
Army vs. Navy	Army	Army	Navy	Navy	Navy	Navy	Army	Navy	Army
Nebraska vs. Texas	Nebraska	Texas	Nebraska	Nebraska	Nebraska	Nebraska	Nebraska	Nebraska	Texas
Wyoming vs. Brigham Young	Brigham	Wyoming	Brigham	Wyoming	Wyoming	Wyoming	Brigham	Brigham	Brigham

TIRES

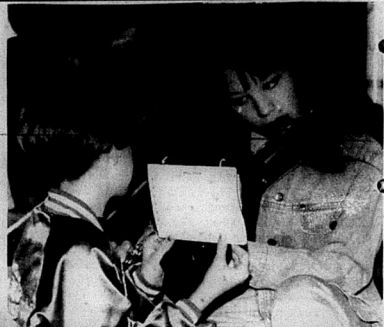
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We're in the home stretch and it's close

Jimmy Beno with J.E. Wilson and Gary Melvin of Steve Moore are battling it out. Jimmy has a score of 78-32. Gary is only two points behind with a score of 76-34.

How about our Glades teams!! All three schools, Glades Central, Pahokee High and Glades Day School won their games this week and are gearing up for Friday night's games. Two of those, Glades Day and Glades Central, will be home games. The Blue Devils will travel to Frostproof this Friday.

We hope all three of our teams win STATE. Wouldn't that be a feather in our cap?

Good luck to all our Pigskin Prediction players. It won't be long before one lucky player and his spouse (or a friend) will be enjoying a cruise, dinner and drinks, courtesy of The Sun newspaper.

Sport

Schedules:

GLADES CENTRAL RAIDERS

Varsity football:

Glades Central Host Bartow

Kickoff at 7:30 p.m.

Wrestling:

12-7-96

Glades Central at Spanish River

Time T.B.A.

GLADES DAY GATORS

Varsity football:

Glades Day Hosts King's Academy

Kickoff at 7:30 p.m.

PAHOKEE BLUE DEVILS

Varsity football:

Pahokee at Frostproof

Kickoff at 7:30 p.m.

Eagles and Cowboys 1996 Pioneer • Park League Champs

As the Pioneer Park Youth Flag Football League winds down another season, it becomes time for bowl games, championship matchups, and playoffs.

The ranking of the Age 6-8 teams are:

1. South Bay Eagles (9-1)
2. Pioneer Park Steelers (8-2)
3. Covenant Village Jaguars (6-4)
4. Belle Glade Boys & Girls Club (5-5)
5. Pioneer Park Raiders (2-8)
6. Glades View Ravens (0-10)

Age 6-8 League Champs, South Bay Eagles are:

Wayne Johnson, Martin Westcarth, Terrance Smith, Javorris Johnson, Errol DeMontagnac, Eric Lyles, Gerald Lawrence, Gifford Gunning, DeAndre Holley, Ranetta Burden, Cesar Zamora, LaBya Holley. They are coached by Tyron Arnett.

Age 6-8 League Runner-up, Pioneer Park Steelers are:

Jonquil Remy, Simon Gordon, Marvin Greenwich, Samuel Putmon, Lonnie Fontenot, Michael Anthony, Vincent Patterson, Andrew Harold, Danziel Willis, Mario Coffie. They are coached by Renard O. Bennett.

The ranking of the Age 9-12 teams are:

1. Pioneer Park Cowboys (10-1)
2. Pioneer Park Dolphins (9-2)
3. Pioneer Park 49ers (6-4)
4. Belle Glade Boys & Girls Club
5. Glades View Ravens
6. South Bay Eagles

Age 9-12 League Champs, Pioneer Park Cowboys are:

Rainier Bennett, Albert Dukes, Frantz Simeon, Levanski Nelson, Michael Stephens, Xavier Bryant, Clarence Robinson, Henry Artilus, Javain Ingram, Marcus McLord, Bernard Artilus. They are coached by Kelvin Greer.

Age 9-12 League Runner-up, Pioneer Park Dolphins are:

Kennard Carey, Bruce McKeever, Frank Brown, Mondee Dumond, Meltavis Porter, Marquis Gains, John Destin, Randy Phillips, Raymond Moore, Brandon Jackson, Christen Haynes. They are coached by Kenneth Jones.

Congratulations to all the teams on a great season of sportsmanship and athleticism.

A special congratulations to the league champs and runner-ups and their coaches.

You did a great job.

Fishing with B.A.S.S. Touring Pro Walt Reynolds

What a beautiful week we have had on Lake Okeechobee. If the folks up North only realized what they are missing by not being in South Florida, I noticed a lot of tournament fishermen have shown up extra early to practice for the Big Bucks Tournament.

The fishing is improving slowly and should get better each week now. As the

males move to the spawning areas they will become more aggressive and eat almost any lure you can put in front of them. Try top water baits early and on days with little or no wind. A spinner bait would be a good choice on windy and squidy days. Also a spoon fished over the tops of any grass you may find will work. As the lake level gets

lower and the bull rushes shallower, there will be less water to flip, so action baits will be used more.

Anglers Marina held their Second Annual Team Tournament on Dec. 1. I don't have the full list of winners, but there were a couple of really nice fish weighed with several limits also in the 15# to 20# range.

I think it is great when a local business host an event which brings people to town.

Don't forget to attend the weigh-in the 7th and 8th of December at Roland Martins Marina, for the Big Bucks Tournament.

To all a good bite
Walt Reynolds
B.A.S.S. Touring Pro

Glades Central Wrestling Schedule

DAY	DATE	OPPONENT	HOME/AWAY	TIME
Wed.	12-4-96	Wellington	Away	6:30 p.m.
Sat.	12-7-96	Spanish River	Away	T.B.A.
Wed.	12-11-96	**Forest Hill	Home	6:30 p.m.
Sat.	12-14-96	Lake Worth Inv'l	Away	T.B.A.
Wed.	12-18-96	**Suncoast	Away	6:30 p.m.
Fri.	12-20-96	Boca Raton X-mas Tournament	Away	T.B.A.
Sat.	12-21-96			
Wed.	1-8-97	Santaluces	Away	5:00 p.m.
Sat.	1-11-97	Hendry County Inv'l	Away	T.B.A.
Wed.	1-15-97	*Clewiston	Home	6:30 p.m.
Fri.	1-17-97	Conference Tournament	Away	T.B.A.
Sat.	1-18-97	@ P.B. Lakes		
Wed.	1-29-97	Palm Beach Gardens	Home	6:30 p.m.
Sat.	2-1-97	Lemon Bay Inv'l	Away	T.B.A.
Wed.	2-5-97	**Cardinal Newman	Home	6:30 p.m.
Sat.	2-8-97	District Tournament	Away	T.B.A.
Fri.	2-14-97	Regional Tournament	Away	T.B.A.
Sat.	2-15-97			
Fri.	2-21-97	State Tournament	Away	T.B.A.
Sat.	2-22-97			

** denotes Conference and District competition

* denotes District competition



Belle Glade Jr. Football Princesses Pictured from left to right:
Eagles - Katoria Robinson; Jets - Natalie Alvarez; Bears - Jessica Longoria and Colts - Nicki Willis



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This is the Raider Trio that got it done on Friday night. #25 - Mike Alford, #24 Daniel Brown and #17 Brad Banks. Together the three scored majority for their team.



These Raider cheerleader is happy after her team won, again.



Don't worry coach



Gators are #1, and that is just how these Gator players feel after Friday night's Victory



Let's go Blue Devils!



Raider fans packed the stands Friday night, and rooted their team to VICTORY!



Pahoee Blue Devil's band is always a delight to watch at half-time.



OK everyone, on the count of three let's do the wave. Watch me I'll show you how!



All the way to state! This Blue Devil fan is behind his team 110%

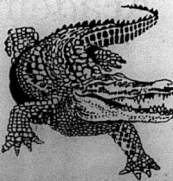


Glades Day Gator Band is always on beat when it comes to the Gator football games

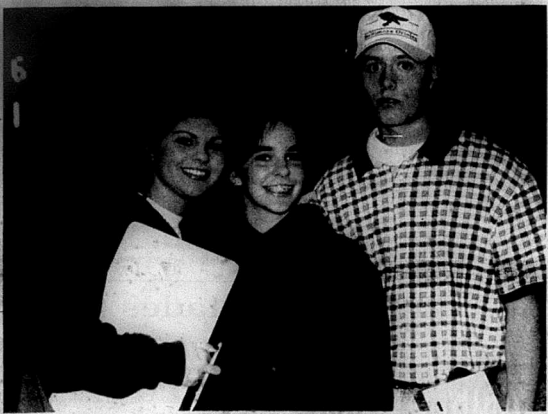


Here are two tired Gators. But they felt that it was worth it when the Gators beat St. Edwards.

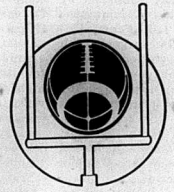
HAVE IT!



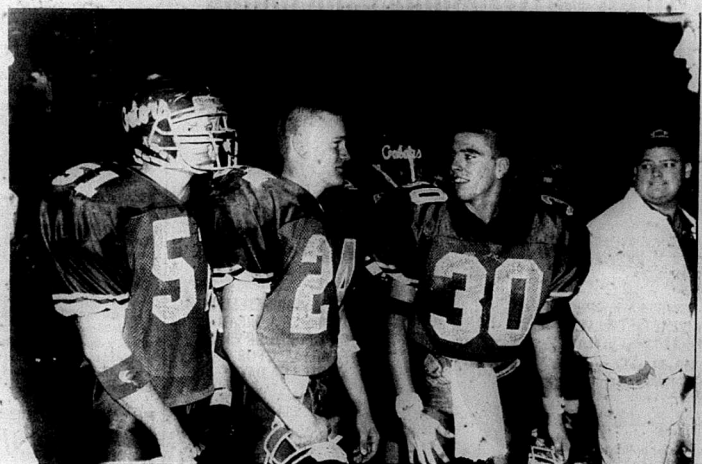
39 on the Pahokee Blue Devils is all smiles as he watches his teammates take over.



Three adorable, faithful Gator fans



ow this is dedication. Even though she has a slight injury, this Gator cheerleader is on the sidelines.



These Gators line up for the camera to display the face of true happiness, if you would like to see another shot of Gator happiness, show up at the game Friday night.



This young lady helps to keep the crowd entertained during half-time at the Glades Day games

Where did all the Gators go?
Home to get ready for a trip to Daytona!



School News

Pahokee Principal, Mrs. May Gamble Receives "You Make A Difference Award"

Each month the Pahokee Chamber of Commerce recognizes a special individual who has excelled in the community by giving a "You Make A Difference Award."

The nomination for the "You Make A Difference Award" this month went to Mrs. May Gamble, Principal of Pahokee Middle/Junior High School, because of her selfless and dedicated efforts towards the students

and staff members of the school.

Mrs. Gamble is a principal who believes that students perform better with an instructing staff that gets involved. Mrs. Gamble stresses this to her staff and practices this personal policy everyday.

Mrs. Gamble is a 29 year veteran of the Palm Beach County school system. Her career started as a social

studies teacher at Roosevelt Junior/Senior High School in West Palm Beach. She was Assistant Principal at Forest Hill High School and served in an Area Support Team before being named principal at Pahokee.

The Chamber will recognize Mrs. May Gamble at a breakfast meeting to be held on December 5th. Congratulations on a job well done!

Local Students Included in Who's Who Among American High School Students

A total of 38 students from this area are included in the 30th Annual Edition of Who's Who Among American High School Students, 1995-1996.

Who's Who, published by Educational Communications, Inc., Lake Forest, Illinois, is the largest high school recognition publication in the country. Students are nominated by high school principals and guidance counselors, national youth groups, churches, and educational organizations based upon students' academic achievement and involvement in extracurricular activities. Traditionally, 99% of Who's Who students have a grade point average of "B" or better and 97% are college bound.

The 30th edition of Who's Who, published in 18 regional volumes, features over 750,000 students or just 5% of the nation's 14,000,000 high school stu-

dents. They represent approximately 18,000 of the 22,000 public, private, and parochial high schools in the country.

Who's Who students also compete for \$150,000 in scholarship awards and participate in the publication's annual opinion poll of teen attitudes. The book is distributed to up to 15,000 high schools, colleges, universities and public libraries throughout the country.

Local Students selected include:

Trey Alava
Carla Alvarez
Jacqueline Alvarez
Jessica Alvarez
Miriam Barhoush
Tamam Barhoush
Zarnaisha Browning
Roy F. Carter III
Lesley Carter
Josh Crawford
Ruth E. Crosbie
L'Loren Dowdell
Gada Halum
Justin Hamilton

Michelle Herring
Jason Hoard
Derek Lamb
Stephen Lowery
Stephanie Pate
Stephen Pate
Jon Penuel
Pablo Sanchez
Alicia Schaper
Christopher Shackelford
Fairouz Shatara
Kelly Vickery
Emily Watson
Cynthia Wetherington
Shawna Wick
Olivia Williams
from Belle Glade.

Robin Collier
John Hand
from Canal Point.

Julie Baumgartner
Harold Wayne Otto, Jr.
Akesha Rawls
Anne Trimble
from Pahokee.

Malini Beharry
Terra Kellem Walden
from South Bay.

Local School Turns Box Tops Into Extra Bucks

To help raise money for their school, students at Kathryn E. Cunningham/Canal Point Elementary School are participating in a unique program from General Mills, maker of popular cereals like Cheerios and Wheaties, called "Big G Box Tops for Education."

Kathryn E. Cunningham/Canal Point Elementary School will receive 15 cents for every qualifying General Mills cereal box top collected between now and March 31, 1997. A qualifying box top is the top flap of any General Mills cereal box that has the 1996/1997 "Big G Box Tops for Education" sym-

bol or "better if used by 3-31-97".

The goal is to collect 5,000 box tops. The money that they get from this fund rally will be for their Family Involvement Program.

Principal Mrs. Glennie Davis says, "This is an opportunity for parents, teachers, students, and even senior citizens to join together to help this much worthy cause. It only takes a couple of seconds and our school will really benefit." She added, "all you have to do is look for the 'Box Tops' logo, cut off the top flap of the boxes and send them to the school. It's that easy."

They are encouraging families and friends in Canal Point, Pahokee, Belle Glade, South Bay and other surrounding areas to help support this effort.

Anyone interested in donating box tops for the good of the school can send or bring to Kathryn E. Cunningham/Canal Point Elementary School.

300 Main Street
Canal Point, Florida 33438

Look for the "Big G Box Tops" when shopping! For more information contact: Ms. Gloria Williams
Parent Liaison Teacher
(561) 924-6441

Academic Excellence



These are just some of the Glades Central students and their families that were honored at the Academic Achievement Breakfast.

Glades Central High School Honors Academic Excellence

Students who worked hard and made the honor roll at Glades Central Community High School were honored at an Academic Achievement Breakfast held Tuesday, November 26 at 9:00 a.m. in the school's

cafeteria.

Present were 229 students, the largest group to ever attend the academic breakfast. Former G.C. student, Mr. Kenneth Jackson was on hand to give an inspirational speech on the

benefits of working hard to achieve academic excellence.

Not only was the breakfast for the students, families of the students were also invited.

Belle Glade Area Host Families Needed for International Students

Foreign high school students are scheduled to arrive soon for academic semester homestays, and the sponsoring organization needs a few more local host families.

According to Pacific International Exchange (P.I.E.) Executive Director, John Doty, the students are all between the ages of 15 and 18 years, are English-speaking, have their own spending money, carry accident and health insurance, and are anxious to share their cultural experiences with their new American families. P.I.E. currently has programs to match almost every family's needs, ranging in length from a semester to a full academic year, where the students attend local high schools.

P.I.E. area representatives match students with host families by finding common interests and lifestyles through an informal in-home meeting. Prospective host families are able to review student applications and select the perfect match. As there are no "typical" host families, P.I.E. can fit a student into about just any situation, whether it be a single parent, a childless couple, a retired couple or a large family.

Families who host for P.I.E. are also eligible to claim \$50.00 per month charitable contribution deduction on their itemized tax returns for each month they host a sponsored student.

For the upcoming programs, P.I.E. has students from Spain, Denmark, Germany, Poland,

Russia, Finland, Denmark, Argentina, Brazil, Colombia, Paraguay, Australia, New Zealand, Croatia, and many other countries.

P.I.E. has also been invited to participate in a special government-funded program to bring scholarship students from the Newly Independent States of the former Soviet Union to the United States. P.I.E. is a non-profit educational organization that has sponsored more than 18,000 students from 40 countries since its founding in 1975.

The organization is designated by the United States Information Agency and is listed by the Council on Standards for International Educational Travel (CSIET), certifying that the organization complies with the standards set forth in CSIET's Standards for International Educational Travel Programs.

Doty encourages families to contact the program immediately, as it will allow the proper time for students and hosts to get to know one another before they actually meet for the first time.

Belle Glade area families interested in learning more about student exchange or arranging for a meeting with a community representative may call P.I.E. toll-free, at (800) 631-1818 or via the internet at <http://www.pieus.org>. The agency also has travel/visa program opportunities available for American high school students as well as possibilities for community volunteers to assist and work with area host families, students, and schools.

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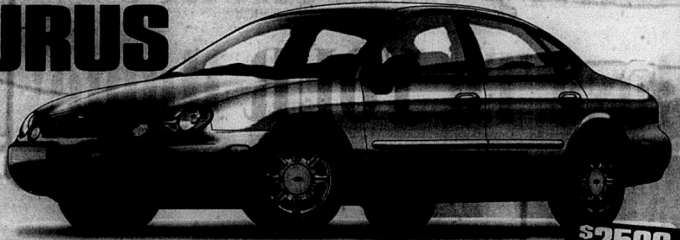
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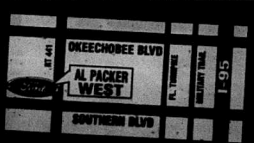


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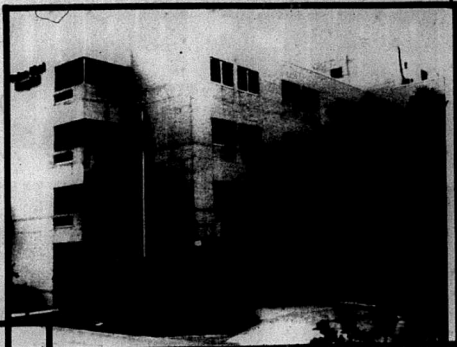
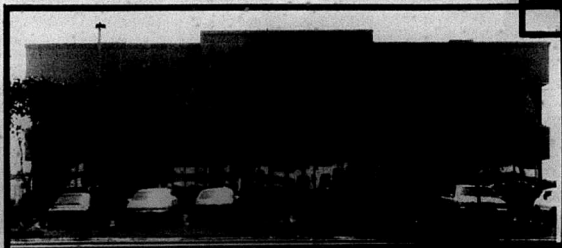
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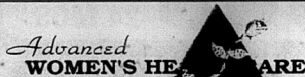
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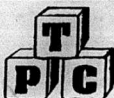
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Dr. Rangegowda received his medical degree at the University of Mysore in India, where he received a National Merit Scholarship for outstanding performance. He completed his residency in pediatrics during a three year rotation at Kings County Hospital, University Hospital of Brooklyn, SUNY Health Science Center and Staten Island University Hospital in New York. Dr. Rangegowda is a member of the American Academy of Pediatrics. Dr. Shankaraiah completed his pediatric residency at New York Medical College and has been in practice in South Florida for six years. He is a fellow of the American Association of Pediatricians.

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